



Navy-Marine Corps Spiritual Fitness Program

Personal Sexual Responsibility

A Commitment To Sexual Boundaries

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What's Important to You?

Family

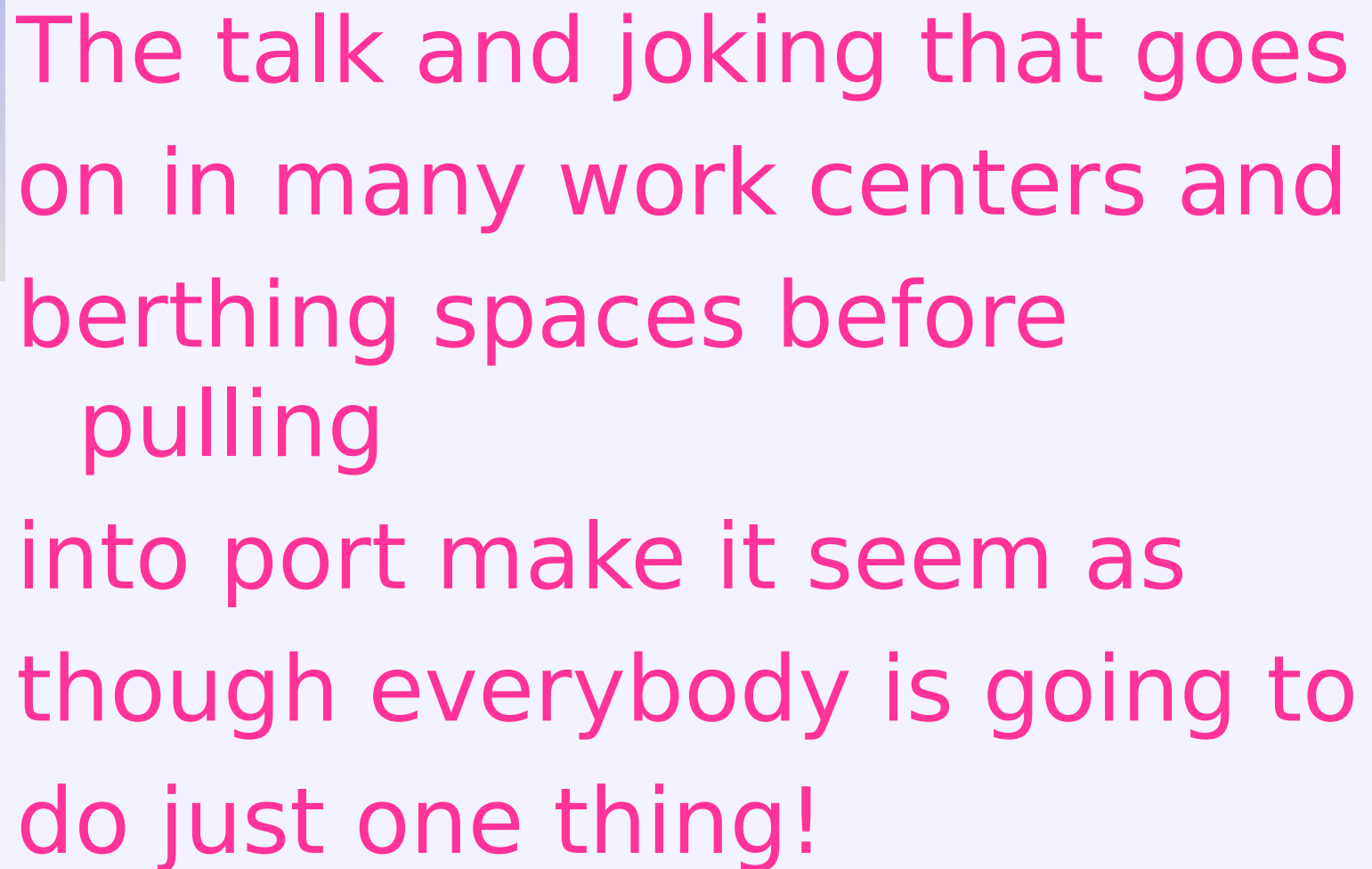
Career

Health

Personal Values

Finances

Relationships



The talk and joking that goes on in many work centers and berthing spaces before pulling into port make it seem as though everybody is going to do just one thing!



Everybody

is

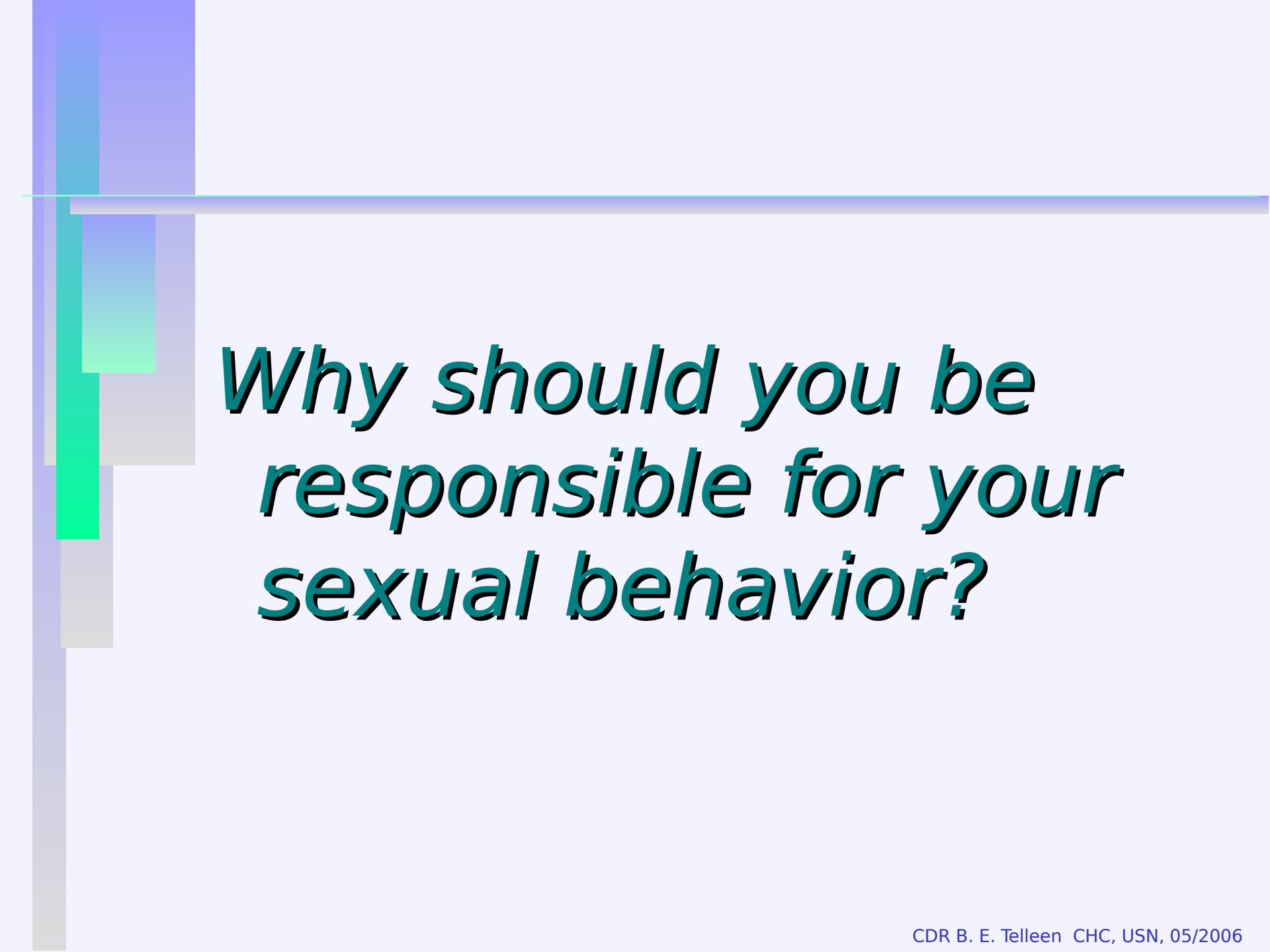
NOT

doing

it!!!!!!



It's OK to say no!



*Why should you be
responsible for your
sexual behavior?*

Keep it simple

*A few minutes of fun
may last a life time -*

It may even kill you!

Unintended life time gifts

of a few minutes of fun

- * HIV (incurable)
- * Pregnancy (life time commitment)
- * Chlamydia
- * Gonorrhea
- * Herpes (incurable)
- * Human papilloma virus (incurable)
- * Syphilis

STD Facts

Estimated Annual Cases

- 333 Million Worldwide
- 15.3 Million in United States

- ✓ **1 out of 4 between ages 15 and 55 will contract STD.**
- ✓ **2/3 of all STD cases occur in ages 25 or younger.**

Estimated Annual

STD Cases

□ <i>Human Papilloma Virus</i>	<i>5,500,000</i>
□ <i>Tichomoniasis</i>	<i>5,000,000</i>
□ <i>Chlamydia</i>	<i>3,000,000</i>
□ <i>Herpes</i>	<i>1,000,000</i>
□ <i>Gonorrhea</i>	<i>650,000</i>
□ <i>Hepatitis B</i>	<i>77,000</i>
□ <i>Syphilis</i>	<i>70,000</i>
□ <i>HIV</i>	<i><u>20,000</u></i>
<i>TOTAL</i>	<i>15,317,000</i>

...and
saying,

*“What’s done on
deployment, stays
on deployment”*

Is NOT true!



Words and
rumors **DO**
get home.

Resulting

in:

**Broken marriages and separation from children.*

**Broken relations with girl/boy friend.*

**Broken engagements.*



Sanity

Check

would you want your
loved one back home
to do the same thing
you are thinking of
doing?



Self-

Control

**One of the greatest
gifts one can give a
loved one (or future
loved one)**



Honor

Courage

Commitment

Integrity

Hon

or

+ Esteem for your family and friends

+ Admiration for your profession

+ Respect for your body

Coura

- + Nerve **ge** to abstain from sex
- + Bravery to make good choices
- + Guts to do the right thing and stand up to peer pressure.

Commitment

- + Living up to your promises
- + Choosing a complete life over a passionate moment
- + Holding on to principle centered values

Integrity

**What you do
when no one is
looking.**

Temptati

on Temptation

Temptation

Temptation

Temptation

Temptation

on

How to avoid sexual temptation while on liberty

- + **Make friends with others who feel the way you do about commitment to the loved one back home and be liberty buddies.**
- + **Take full advantage of tours and activities offered by the command.**
- + **Help others through COMREL or community projects.**
When we help others we don't dwell on our own burdens.
- + **Avoid excessive use of alcohol.**
- + **Avoid people and places that encourage and provide temptation.**

The Edge of Disaster

Centuries ago, a popular queen was interviewing applicants to serve on a six-man team to transport her on a portable throne on long journeys. As she interviewed each man the queen asked, "If you were bearing me along a mountain path, how close would you go to the edge of a cliff with me seated on my throne?"

Some men would answer, "Your Royal Highness, I am so strong I could go within a foot of the edge of the cliff."

Others would boast, "Not only do I have superior strength, but I also have almost perfect balance. I could go within six inches of the edge."

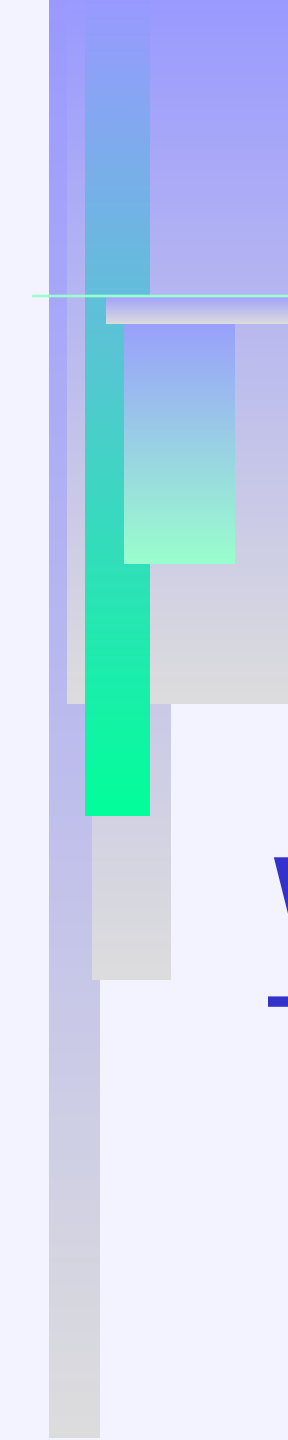
But others would answer, "Your Highness, I would go nowhere near the edge of a cliff. Why would I want to endanger your valuable life by leading you close to danger?"

Guess who earned the job? The wise queen chose men who would keep her far away from the edge of disaster.

Author Unknown



**Which of the
job applicants
are
you?**



Don't forget!
Who won the job?

Remember

No body goes on liberty intending to end a loving relationship, or catch something that may **kill**.

Everybody thinks:

“it will happen to the other person”

You may be the other person!

Enjoy the:

- + sights
- + sounds
- + smells
- + people

you encounter while on
liberty, however,
when it is time to go, leave with good
memories and no regrets.



Be Committed

to Sexual